

DINNERLY



Low-Cal Pork and Ginger Stir-Fry with Pak Choy and Wholegrain Rice



30 minutes



2 Servings

Stir-fry ginger-marinated pork, toss through lightly stir-fried veggies, then serve on nourishing rice for a delectable low-cal dinner.

WHAT WE SEND

- 125g red rice
- 2 carrots
- 1 bunch pak choy
- ginger
- pork stir-fry
- 1½ tbs oyster sauce ^{1,2}

WHAT YOU NEED

- 2 garlic cloves
- 2 tsp soy sauce ⁶
- 1 tbs vegetable oil
- 1 tsp honey

TOOLS

- medium saucepan
- fine grater
- large frypan

Our veggies come straight from the farm, so please wash them before cooking.

COOKING TIP

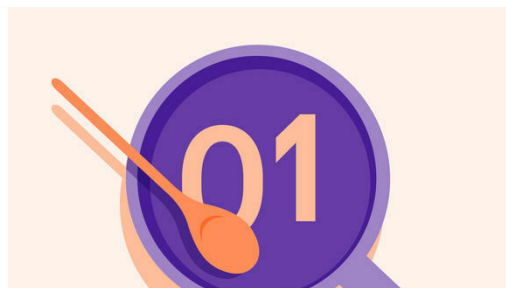
Apologies, due to supply shortages and bad weather conditions in some regions, we've had to substitute red rice for the brown rice, and carrot for the capsicum, pictured.

ALLERGENS

Gluten (1), Shellfish (2), Soy (6). May contain traces of other allergens.

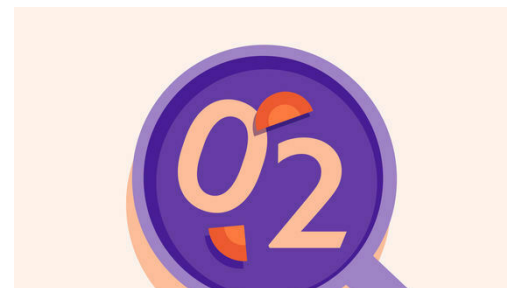
NUTRITION PER SERVING

Energy 560kcal, Fat 13.1g, Carbs 68.2g, Proteins 41.5g



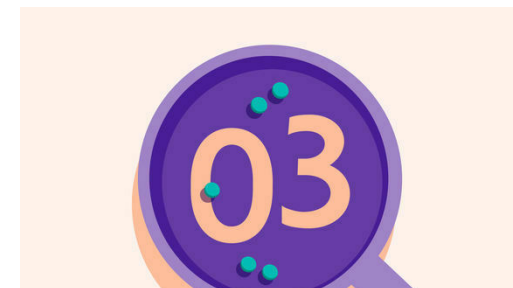
1. Cook rice

Fill a medium saucepan three-quarters full with water and bring to the boil. Add the **rice** (see Cooking tip) and cook for 25 mins or until tender. Drain.



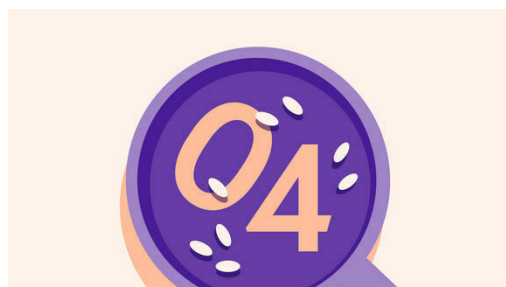
2. Prep ingredients

Meanwhile, peel the **carrots** (see Cooking tip), then halve lengthwise and thinly slice. Cut the **pak choy** into thirds. Peel the **ginger** and finely grate. Crush or finely chop **2 garlic cloves**.



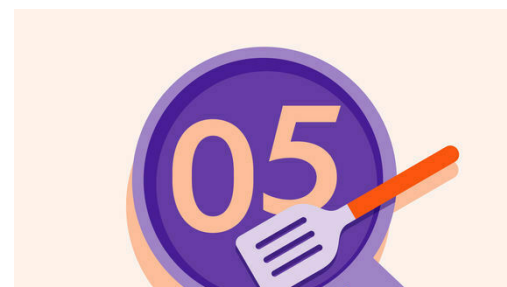
3. Marinate pork

Separate the **pork stir-fry** into a bowl. Add the **ginger** and **2 tsp soy sauce**, season with **pepper** and toss to coat.



4. Stir-fry pork and veggies

Heat **2 tsp vegetable oil** in a large frypan over high heat. Stir-fry the **pork** for 1-2 mins until browned (see Kitchen 101). Remove from the pan. Heat **2 tsp vegetable oil** in the pan over high heat. Stir-fry the **carrot** for 2 mins. Add the **pak choy** and **garlic** and stir-fry for a further 2 mins or until the veggies are tender but still with crunch.



5. Serve up

Add the **pork**, **oyster sauce**, **1 tsp honey** and **1 tbs water** to the veggies and stir-fry for 1-2 mins until the sauce is thickened and the pork is cooked through. Divide the **rice** and **pork stir-fry** among bowls and enjoy!



6. Kitchen 101

The pork stir-fry is best with hot and fast cooking, so get your pan very hot before adding the pork and stick to the short cooking time indicated.